癌症成因的新理論

A Concept of the Genesis of Cancer Growth

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It is my supposition that a certain micro-organism very tiny and sometimes, non-virulent, intrude into our body, and could probably become a predisposing factor to trigger off the genesis of a cancer growth.

Most people think we could keep ourself healthy if only we could keep the germs away from our mouth and nostrils. Moreover we are hereditarily having a power of immunity. As a matter of fact this is not true. Physical disasters are frequently caused by carelessness. Many diseases could occur as a result of the following negligences:

1. The tap water is drinkable because it has been disinfected.
2. The raw vegetables are eatable because it has been washed.
3. Sea-foods are eatable rawly.
4. Beef, tinged with blood, is delicious and eatable.
5. Fresh fruit without peeling and washing is eatable.
6. It is not harmful to swallow accidentally a few mouthful of sea water while swimming in the sea.

Reviewing the long story of the evolution of human being, the advent of fire and cooked food was relatively a recent event but tremendously important to the health of mankind. Before that countless people died of diseases caused by the raw or uncooked food. Fire and cooking is certainly one of the greatest achievements of human civilization. We know that where there are water and air, there are organism. Among them includes the very tiny virus which can be seen only by electric microscope. But there are still many others that are not identified and known, yet responsible for the genesis of diseases and cancer.

Cancer are composed of abnormal cells, arising from a inhabiting center, multiplying rapidly to surrounding tissues, absorbing neighbour's nutrient for its own growth, compressing the normal organs, as a result damaging the regular function of the body organs, and finally threatens the victim's life. The whole tragic consequence is supposed to be initiated by an intruder of unknown micro-organism or substance into our body. At first it settled down at a corner, irritating the normal cells to begin abnormal proliferating. After a certain silent period of time, a neogrowth is gradually formed. The neogrowth is divided into 2 catagories: benign and malignant, for the latter, it is called cancer. If the cancer is detected out at its early stage, the victim could be survived after a surgical removal. If not, the patient's prognosis will be very poor. Why there are so many different kinds of cancers?

Because the pathogenic micro-organisms are numerous in variety. Moreover, cancers are originated from various tissues and organs, each of them has its own peculiar structure. Therefore there are more than 100 different cancers so far we have discovered. Suppose this statement is correct, I would make further explanation accordingly:

1. During the process of dis-infection of water, the common germs, chiefly E-coli, are killed, but this does not mean all the micro-organisms and carcinogenic substances could be eliminated. Besides, the water has to pass through long tubes before being used by men. Therefore there is a good opportunity for the micro-germs contaminating the water during the long journey.

2. The micro-organism on vegetables does not necessarily be washed out or killed completely by tap water. Besides, the water itself is perhaps already contaminated as mentioned above.

3. Almost all the living marine products such as clam and oyster are ideal host for many micro-organisms and parasites. Human being can be easily affected by these sea food if it is not well cooked.

4. Beef and other kinds of meat with its inhabiting micro-organism or parasites can be transmitted to human body if it is poorly cooked.

5. In a similar way, the un-peeling fruit, on which micro-organism usually exists, could be ingested into human body if it is eaten unpeeled.

6. There are numerous living organisms in the sea. For instance, the coral is primarily a tiny organism in sea water, but it could form gradually a small island after long period of accumulation. People swimming in the sea could accidentally swallow down some sea-water and thus being infected.

From what I have just talked, it is clear that the modern life-style really afford many chances for the micro-organism or carcinogenic substances to enter into human body, creating a situation suitable for cancer growth. However, our traditional way of living gives a different story. The Chinese people did not drink the unboiled water, did not eat raw and uncooked meat and vegetables. Nor they ate unpeeled fruit. In cooking sea-food and meat, they added ginger, garlic and wine with a purpose not only to get rid of the unpleasant taste but for disinfection. All these habits or cooking procedures were undoubtedly derived from traditional experience. Perhaps this is the reason why the incidence of cancer in ancient China seemed less prevalent as it does nowdays. Since the western tide has spreaded to China, people's life-style has changed and we are surprised to discover cancer victims was increased each year and has become the No 1 killer last year in Taiwan. Of course, Cancer was a term which was seldom mentioned in old Chinese medical classics.

Perhaps some ill-defined words, such as tumor (瘤) carbuncle (疽癰) and virulent swelling (腫毒) in ancient books should be actually referred to Cancer.

When I lived in Long Island, New York, many of my neighbors died of cancer, since then I have been interesting in reading articles about cancer. I can still recalled that one report indicated the incidence of skin carcinorma among marine corps was almost 5 times higher than the ordinary population, this is presumably related to their abundant exposure to ultraviolent rays. Another journal documented that the gastro-intestinal tract (from mouth to anus) are so frequently affected by cancer growth, probably chronic irritation by various food is an attributing factor. I would think that infection by micro-organism might also play an important role in these circumstances. Some medical statistics revealed that the occurrence of cancer patients along the coast area are greater than those people who lives in in-land states, this is another fact which makes us can not but think of these raw sea-foods and swimming in the sea being causative factors of cancer growth.

At this point. I'd like to make some comment on Dr. Roshull's statement:

1. Many years ago Dr. Roshull, The chairman of Am. Cancer Association in response to American News and World Reporters' questionaire, said "Among the 75 thousand Americans who are affected by lung cancer last year, 90% of these people are smokers, thus it is evident that smoking is a causative factor for lung cancer." I would think smoking is not the direct cause of cancer, but it can promote the abnormal development of the malignant growth.

2. The incidence of lymphatic Leukemia has declined since the abuse use of X-ray examination was restricted. Dr. Roshull concluded that X-ray exposure is a carcinogenic factor. I agree with Dr. Roshull's opinion, but from the Chinese medicine point of view, all cancers may be classified as "Negative diseases". Growing slowly and sensitive to X-ray exposure are the characteristics of this group illness.

3. So far as we know, there are at least 23 kinds of cancer induced by chemical substances. SO_2 and CO has drawn special attention because of its pollution in the air, damaging somatic cells, reducing body's immunity, and creating a situation suitable for the development of cancer growth.

4. According to Dr. Roshull's study, the incidence of stomach cancer among Japanese males is highest in the world. However, for those Japanese males who live in US, the incidence of stomach cancer is very low. The cause of the difference is obscure. I think, smoked-fish and raw sea-food, that the Japanese favours very much, might play an important role. The eating habit for those Japanese who moved to American continent has changed and they ate less smoked-fish and raw sea-food.

5. Dr. Roshull was of the opinion that 80 to 90% of cancer cases are induced by external

factors. In other words, its development is because that the patient has done something, or has been contacted with some substances, or because of a change of living status. Dr. Roshulls' conclusion is competible with mine.

We have just mentioned there are more than 100 different varieties of cancer. All are not hereditary, why? Because they are induced by external factors including micro-organisms. The epidemiologic status of these cancers has been changing in the past few decades presumably related to the changing environment of the preceding and present generations. Anyhow, cancers are abnormal cells, when human resistance declines, it grows. When patients are in a depressed mood it multiplys. During the struggle with cancer, aged people usually fails.

So far as the prevention is concerned, we have to adopt an optimal life-style to keep the carcinogenic factors away from us.

If my opinion is acceptable. I would suggest that the modern western life-style be better modified with special attention on these warnings:

1. Tap water has to be boiled before drinking. The ice-cubes made of tap water should be abandoned.

2. Milk, soft drink, or other beverages should not be mixed with tap water.

3. Be careful about the uncooked vegetables and unpeeling fruits.

4. Uncooked sea-foods are not eatable.

5. Beef or meat tinged with blood (not well cooked) are not eatable.

6. Be watchful, not swallow down water during swimming. The mouth should be specially cleaned after swimming.

7. After playing around on the beach, especially for children, rinse and wash thoroughly.

8. Once having a cutting or abrasion wound on the skin, do not take water bath or go to swim.

These are the protective measures which could prevent the micro-organisms from intruding into our body. But they are still far from complete since these tiny microbes can still invade us through the organs of the respiratory system.

We should strive to search for other effective means to eradicate these external intruders and substances which are responsible for the growth of cancer. In this aspect, Chinese herbs and prescriptions may be very helpful. The Chinese traditional medicine regard the human body as a whole being, emphasizing the concept of nourishing one's stamina and thus can create an environment to increase the body's resistance and immunity. As a result it can force the abnormal growth of the cancer to be atrophied and diminished. However this goal can not be achieved by traditional medicine only. In the human's fighting front against cancer, a close cooperation between western and traditional medicine is desired and mandatory. I am optimistic that the success of anticancer campaign will be ours eventually.